

Norton Friends & Farmers Market

**Tuesday,
Sept. 27, 2016
4-6 PM**



**815 Park Ave., S.W.
Downtown Norton
Rain or Shine**

The Best of Home Grown, Home Baked and Hand Crafted by Local Farmers, Bakers and Artisans

Recipe of the Week

Okra Patties

Ingredients

- 3 cups vegetable oil for frying
- 1 pound okra, finely chopped
- 1 cup finely chopped onion
- 1 teaspoon salt
- 1/4 tea-spoon pepper
- 1/2 cup water
- 1 egg
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup cornmeal



Directions

1. Heat 1 inch of oil in a large skillet to 375 degrees F (190 degrees C).
2. In a large bowl, mix together the okra, onion, salt, pepper, water and egg. Combine the flour, baking powder and cornmeal; and stir that into the okra mixture.
3. Carefully drop spoonfuls of the okra batter into the hot oil, and fry on each side until golden, about 2 minutes per side. Remove with a slotted spoon, and drain on paper towels.

allrecipes.com

What's at the Market this Week

Our terrific Farmers and Vendors bring us a variety of goods this week:

Baked Goods & Sweets:

Fried Pies, No Bake Cookies, Pumpkin Roll, Chocolate and Wheat Breads.



Fruits and Vegetables:


Red, Green, Tommy Toe, and Cherry Tomatoes, Potatoes, Eggplant, Cucumbers, Yellow Squash, Zucchini, Okra, Pears, Greasy and White Hasting Green Beans, Peppers, Pump-



kins, and Ginger Gold and Cortland Apples. Ginger Gold Apples are buy one basket, get one basket.

(What's at the Market continues on Page 2)

★ **Thank you Farmers,** ★
Vendors, Volunteers and
Customers for such a great
★ **2016 Season!** ★

Like us on Facebook at 
Norton Friends and Farmers Market
and visit our website at
www.nortonva.gov/farmersmarket

FINAL MARKET OF THE 2016 SEASON!

Norton Friends & Farmers Market

Real Farmers...Real People...Real Community

What's at the Market this Week

Meat and Dairy:

Fresh Eggs, Pork Meat, and a Variety of Goat Cheeses.



Crafts and Clothing:

Plastic Bag Holders, Stuffed Animals, Stenciled Bags, Halloween Treat Bags, Hair Barrettes, and Tea Light Jars.



Canned Goods:

Apple Butter, Peach Butter, Bread & Butter



Pickles, Pickled Okra, Dilly Beans, Chow-Chow, Traffic Jam, Hot Pepper Relish, Mixed Hot Peppers, and Honey.



Other Items:

Cornmeal, Lemonade, and a Variety of Goat Milk Lotions and Soaps.



Join the Master Naturalists for a fun and educational nature craft!



Stop by and see the Library to check out and return books!

What Else?

We accept SNAP/EBT! Double your SNAP Dollars every Market up to \$25. These Double Dollars can be spent on Fruits and Vegetables.



We are out of Kids Bucks and Senior Tokens for the 2016 season.

Any remaining Kids Bucks, Senior Tokens, and Whole-some Wave (Double Dollars) Tokens must be spent by the end of the September 27th Market!



Visit the "Welcome" table to register for this week's Farm Fresh Basket.

**Final Market
of the
2016 Season!**

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